

HAMPTON SHERIFF'S OFFICE

CLASSES OFFERED

HIV/STD Education (formerly known as Aids Awareness):

A collaboration with the Hampton Sheriff's Office and the Minority Aids Support Service, Inc. (M.A. S. S.) to provide monthly Aids Awareness classes to all inmates participating in educational or work programs at the Hampton Community Correctional Center, and the Hampton Correctional Facility.

Alcohol Counseling:

Alcoholics Anonymous (A.A.) provides group counseling that deals with alcohol related problems.

Anger Management:

Anger Management classes offered to help assist inmates identify ways to cope with their anger and develop strategies to manage anger in healthy ways.

“Beauty For Ashes” Cosmetology & Barbering:

The primary purpose of this course is to introduce keys and skills, proper work habits, and desirable attitudes necessary for personal re-branding through Cosmetology & Barbering. Students learn career and employment information including professional ethics, effective communication, human relations, entrepreneurial tools and the fundamentals of business management.

Breaking The Cycle:

A collaboration with the Hampton Sheriff's Office and the Hope Deliverance Resurrection Outreach Ministry of Friendship Baptist Church that offers inmates encouragement, discussion and communication that will strengthen feelings of hope, eliminate feelings of despair and develop techniques that teaches them how to structure their environment in early recovery.

Clean on the Outside:

A substance abuse recovery-based program for women at the Hampton City Jail focusing on addictive behaviors.

Educational Workshop for Veterans:

A monthly informational session for veteran inmates that focuses on the following: How to be connected to the Veteran Affairs, provides information on the Veterans Justice Outreach Program, and resources for education & training, housing, employment and more.

Effective Parenting for Men:

The Effective Parent Training program is a four week training program that focuses on topics important to parents today. This course provides valuable tools which improve parenting roles, communication among family members and lessens conflict.

Employment Services Workshop:

A workshop rendered by the Virginia Employment Commission which focuses on resume development, interviewing & job assistance for military veteran inmates and inmates who are at least 30 days upon release.

GED:

A class that prepares inmates for the General Educational Development (GED) exam allowing inmates who don't have a high school diploma the opportunity to earn a high school equivalency credential, a GED certificate. Testing is provided for inmates who are ready to receive their GED through the Hampton Adult Education Services.

Hermeneutics:

Hermeneutics is the science of interpreting the Bible and gives the interpreter the ability to understand the different principles utilized for interpreting the scripture. Inmates are introduced to the 24 principles of Hermeneutics, will master the scientific system in applying the principles of Hermeneutics in their daily studies, and will also learn the value of using various sources in the study of the Bible.

Inner Reflections Substance Abuse Program (Pod Program only):

A collaborative effort between the Hampton Sheriff's Office and the Hampton-Newport News Community Services Board (H-NNCSB) designed to provide addicted inmates a head start to recovery through participation in substance abuse education, treatment and aftercare planning for approximately 8 weeks. Must be referred by CSB Substance Abuse Counselor to participate in program.

Intake and Employment Services:

A monthly informational session conducted by a representative with the VA CARES/Hampton Community Action Program, a statewide reentry program, for sentenced inmates at least 30-90 days upon release focusing on areas to include employment search and housing assistance.

Life Skills (Self Esteem):

Life Skills programs are designed to offer a straightforward approach to helping inmates transition into the community. The classes address such critical issues as self-esteem building, personal responsibility, problem-solving and conflict resolution, living while on probation and/or parole, communication and listening skills.

Life Skills (Your Inner Power):

Life Skills programs are designed to offer a straightforward approach to helping inmates transition into the community. The classes address such critical issues as self-esteem building, personal responsibility, problem-solving and conflict resolution, living while on probation and/or parole, communication and listening skills.

Pre-Release Program & Job Development:

Provides services for inmates rendered by Hampton Sheriff's Office and Step-Up, Inc. who may need assistance in job development such as employability development classes, exploring how to interview for a job, dress for the job, and filling out applications, follow-up, getting the job and remaining employed.

Reentry Skills Building (Pod Program only): An ongoing 8-week reentry program facilitated by Next Generation that provides education and training for inmates who are returning to their communities as productive citizens, to include reentry planning, problem solving, employment readiness, resume development and mock interviews.

Veterans Program:

Services provided by the Disabled American Veterans in Newport News to assist inmate veterans with their military affairs and benefits as well as give them an opportunity to assist inmate veterans in need.

Victorious Living: Overcoming Struggles Successfully:

A biblical teaching that addresses everyday struggles from a spiritual perspective.

Women's Book Club:

The book club is a monthly discussion mediated by volunteers that encourages positive change through the power of literature. It helps inmates develop pro-social skills, such as respectful listening and speaking, and inmates develop stronger reading and communication skills to help them reintegrate more successfully back into the community.

Women's Family Reunification:

This 6-week program will help participants in removing barriers that prevent individuals and their families from reuniting, with exercises that promote practical outcomes. Participants will learn coping strategies to deal with their emotional concerns, gain knowledge about expected and natural behaviors that may occur because of being separated for long periods of time and develop better relationship building skills. Personal strengths will be identified in dealing with stress related issues. Participants can expect to become empowered; pursue better relationship and character building goals; while improving their overall life skills.

Women's Parenting:

A 6-week program that educates incarcerated mothers on parenting skills and provide support for inmates to help parents avoid reoffending and returning to jail.

Work Force Program:

The Work Force Program is available to all inmates who are classified as minimum security level and have charges or convictions that meet the eligibility requirements. The primary function of the Work Force Program is to benefit the community by utilizing the labor of sentenced inmates.

Work Release Program:

The Work Release Program is available to all inmates who are classified as minimum security level and have charges or convictions that meet the eligibility requirements. Inmates may volunteer for the work release program, or may be admitted due to a court order.

Your Money Matters:

A monthly class conducted by the Women's Ministry of First Baptist Church, Hampton to provide budgeting and money management skills to the female inmates.